

Program Data Sheet

Name of Event: Fort Monroe Strength Self Challenge "REPS"		
Date Sept15-Oct 15.	Day of Week: 7 day	Time: all day
Location fitness	Information Phone #: 3090	Price: n/a
Program Coordinators: Edward Leasure, Jeanette Coffman		
Phone # 3090	Fax #:	e-mail leasuree@monroe.army.mil
Purpose of the Event: Provide an opportunity for facility members to measure improvements of muscular endurance over 4 week period. Self improvement – results posted weekly by alphabetical order.		

Name	Requirements				
Jeanette coffman	Publicity: e-zine Casemate, flyer				
Facility	Equipment: flat bench station, weight plates				
Edward Leasure	Record sheets	staff			
Edward Leasure	Prizes				
	Set-up / Clean-up				
	Other:				

Staff members will record the number of repetitions successfully completed on flat bench press station 1 session per week for 4 weeks. Members participating during the 4 weeks will be eligible to participate in a drawing for MWR Gift Certificates.

Weight:

Men Body weight: Women ½ body weight:

Range of Motion: 90 degree flexion of the elbow to full extension.

Spotters required for all lifts.

After Action Report

Financial Analysis

Sales:		
COGS:		
Other Revenues:		
Labor:		
Other Expenses:		
NIBD:		

Program Analysis

Attendance:	38 people participate in the bench press challenge
Elements to Change:	
Change from four week to two week	
Elements to Eliminate:	
N/a	
Elements to Add:	
N/a	
Other Comments:	
Customer satisfaction and participation was favorable. Event will be held again.	